

# Sporting Chance

LinkLiving and Raith Rovers Community Foundation are running a unique 8-week programme combining the personal development needs of young people with health and fitness

Sporting Chance starts on **Monday 28<sup>th</sup> February 2022** and is delivered through group activity every Monday & Tuesday (10am – 3pm).

The wellbeing sessions delivered by LinkLiving will be held at **West Bridge Mill, Kirkcaldy** and Raith Rovers Community Foundation will lead on the afternoon sessions at **Daily Mile, Starks Park**

We use physical activity and self-help techniques to support the young people we work with to make changes that matter to them.

The programme is available for young people age 16-24 living in Fife.

**The overall aim of Sporting Chance** is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Use exercise to relieve stress, improve memory and sleep
- Identify and work towards their ambitions
- Increase in confidence, self esteem and improve fitness

The training includes the following and LinkLiving cover lunch and travel costs:

- The opportunity to work towards and complete SFA Coaching Badges
- Specialist football training delivered by Raith Rovers Community Foundation
- Learning leadership skills that will support you for the future
- Developing skills to manage stress and anxiety
- 1:1 support

If you would like to book a place or for further information, please contact Link Academy on the details below.

Tel 01324 466860

Email [lareception@linkliving.org.uk](mailto:lareception@linkliving.org.uk)

[www.linkliving.org.uk](http://www.linkliving.org.uk)



## Sporting Chance - Course Overview: Monday & Tuesday (10:00am – 3:00pm)

Week	Session	Subject	Outcomes
1	28 <sup>th</sup> Feb AM	Team Building – Getting to know each other	<ul style="list-style-type: none"> <li>Team games to encourage conversation participation</li> </ul>
	28 <sup>th</sup> Feb PM	Introduction to Raith Rovers (Daily Mile @ STARKS PARK)	<ul style="list-style-type: none"> <li>Team Values &amp; Leadership Session (football related on-pitch)</li> </ul>
	1 <sup>st</sup> Mar AM	Setting objectives and personal goals	<ul style="list-style-type: none"> <li>Create action plan for everyone</li> <li>Record outcomes identified by each young person</li> </ul>
	1 <sup>st</sup> Mar PM	Creating your Coaching Account, E-Learning and Football	<ul style="list-style-type: none"> <li>SFA Live Account Creation, E-Learning</li> <li>Football Activity</li> </ul>
2	7 <sup>th</sup> Mar AM	Mental Health – An understanding of mental health, different disorders, and the impact this can have	<ul style="list-style-type: none"> <li>Identifying the symptoms of mental health</li> <li>How to support ourselves and others in our lives</li> </ul>
	7 <sup>th</sup> Mar PM	Sports Science Testing	<ul style="list-style-type: none"> <li>RRFC Staff to guide session on testing</li> <li>Football Activity</li> </ul>
	8 <sup>th</sup> Mar AM	Diet & Nutrition	<ul style="list-style-type: none"> <li>Eating healthy</li> <li>Meal Prep</li> <li>Food Plate &amp; Food Groups Information</li> </ul>
	8 <sup>th</sup> Mar PM	Mental Health E-Learning	<ul style="list-style-type: none"> <li>SFA E-Learning module</li> <li>Football Activity</li> </ul>
3	14 <sup>th</sup> Mar AM	Stress Management	<ul style="list-style-type: none"> <li>How stress affects us physically</li> <li>How to recognise when stressed</li> </ul>
	14 <sup>th</sup> Mar PM	Introduction to Coaching – SFA Course Part 1	<ul style="list-style-type: none"> <li>Leadership</li> <li>Identify what coaching techniques they would like to learn to teach others</li> </ul>
	15 <sup>th</sup> Mar AM	Self-care Techniques	<ul style="list-style-type: none"> <li>7 pillars of self-care</li> <li>Why self-care is important and how it looks</li> </ul>
	15 <sup>th</sup> Mar PM	Introduction to Coaching – SFA Course Part 2	<ul style="list-style-type: none"> <li>Leadership</li> <li>Identify what coaching techniques they would like to learn to teach others</li> </ul>
4	21 <sup>st</sup> Mar AM	Sleep – understanding our sleeping habits and the impact on our mind and body  Review	<ul style="list-style-type: none"> <li>The biology behind sleep</li> <li>How to create a healthy sleep routine</li> <li>Review of objectives at halfway point</li> </ul>
	21 <sup>st</sup> Mar PM	Introduction to Coaching – SFA Course Part 3	<ul style="list-style-type: none"> <li>Leadership</li> <li>Identify what coaching techniques they would like to learn to teach others</li> </ul>
	22 <sup>nd</sup> Mar AM	Understanding Emotions	<ul style="list-style-type: none"> <li>Look at Emotions and how we can manage them</li> <li>VR headset experience (facing fears)</li> </ul>

	22 <sup>nd</sup> Mar PM	Introduction to Coaching – SFA Course Part 4	<ul style="list-style-type: none"> <li>• Leadership</li> <li>• Identify what coaching techniques they would like to learn to teach others</li> </ul>
--	-------------------------	--	--

5	28 <sup>th</sup> Mar AM	Bullying & Discrimination	<ul style="list-style-type: none"> <li>• To look at bullying and discrimination and where to go for support. Potential visit from other agencies.</li> </ul>
	28 <sup>th</sup> Mar PM	Jobs in football session	<ul style="list-style-type: none"> <li>• Interactive group session on football related jobs</li> <li>• Football Activity</li> </ul>
	29 <sup>th</sup> Mar AM	Conflict and Resolution	<ul style="list-style-type: none"> <li>• Group discussion on what conflict is</li> <li>• How to manage conflict</li> <li>• How to manage emotions</li> </ul>
	29 <sup>th</sup> Mar PM	Session Planning	<ul style="list-style-type: none"> <li>• How to plan and deliver a coaching session</li> </ul>
6	4 <sup>th</sup> Apr AM	Social Media	<ul style="list-style-type: none"> <li>• Impact social media has on mental health</li> <li>• How to have a healthy relationship with social media</li> </ul>
	4 <sup>th</sup> Apr PM	Coaching Practice	<ul style="list-style-type: none"> <li>• Deliver session to local PS children (P6-7)</li> </ul>
	5 <sup>th</sup> Apr AM	Self-esteem and confidence building	<ul style="list-style-type: none"> <li>• What effects self-esteem and confidence</li> <li>• Signs of low/high self-esteem &amp; confidence</li> <li>• How to improve self-esteem &amp; confidence</li> </ul>
	5 <sup>th</sup> Apr PM	Coaching Practice 2	<ul style="list-style-type: none"> <li>• Deliver session to local PS children (P6-7)</li> </ul>
7	11 <sup>th</sup> Apr AM	Mindset and Perception Day 1	<ul style="list-style-type: none"> <li>• Identity growth and fixed mindsets</li> <li>• How can sport link to your mindset</li> </ul>
	11 <sup>th</sup> Apr PM	Football Circuit	<ul style="list-style-type: none"> <li>• Football Circuit</li> </ul>
	12 <sup>th</sup> Apr AM	Mindset and Perception Day 2	<ul style="list-style-type: none"> <li>• How a negative mindset can impact on our self-belief and confidence</li> <li>• How to make positive changes to mindset</li> </ul>
	12 <sup>th</sup> Apr PM	Football	<ul style="list-style-type: none"> <li>• Football Activity</li> </ul>
8	18 <sup>th</sup> Apr AM	Solo talk group one	<ul style="list-style-type: none"> <li>• Young people will present to the rest of the group on how to be a good coach and leader</li> <li>• Demonstrate short coaching session</li> </ul>
	18 <sup>th</sup> Apr PM	Football	<ul style="list-style-type: none"> <li>• Football Activity</li> </ul>
	19 <sup>th</sup> Apr AM	Evaluation	<ul style="list-style-type: none"> <li>• Complete course evaluation, review objectives and outcomes</li> <li>• Complete course paperwork</li> </ul>
	19 <sup>th</sup> Apr PM	Celebration	

